

# The Wire



## MWR'S ANNUAL BIKE RACE

F.B.I. TRAINS SOLDIERS  
**TROOPER FOCUS:** COAST GUARDSMAN  
SPEAKS DESTINY



COMMAND SGT. MAJ. MICHAEL BORLIN  
COMMAND SERGEANT MAJOR, JOINT DETENTION GROUP

As we started the New Year, the demonstration of discipline throughout the ranks within our Joint Task Force footprint was unmatched. We had great Morale, Welfare, and Recreation support for all Troopers assigned to Naval Station Guantanamo Bay and our Troopers had a great time while maintaining self control and discipline. We had no alcohol related offenses or serious offenses. That took not only individual discipline but “Battle Buddy” discipline as well. Our mission in Guantanamo is at the tip of the spear for the Department of Defense as well as our Nation as a whole. Our Armed Forces work as a team and are the best in the world at what they do and how it’s done. Our Nation is aware of this, as well as the world. This comes from a well disciplined force and a force that relies on their “Battle Buddies”. This mission is, without a doubt, one of the toughest in all of the Department of Defense. We execute this mission on the shoulders of all personnel involved, both in uniform as well as our civilian counterparts daily. All of us are “Battle Buddies” regardless of what uniform or civilian clothes we wear. Only together do we execute this critical mission.

We have heard the old saying that a chain is only as strong as its weakest link. Nothing can be truer than with our strategic mission. But here the difference is that we strengthen our “chain” by taking care of one another on a daily basis. Every Trooper has their strengths and weaknesses. We want to maintain our strengths and always work to improve our weaknesses. When called to task, we must always put our best foot forward as an organization. This task may ask Troopers to draw from one of their weaknesses. This is a critical time for a “Battle Buddy” to help us through the task or take some of the stresses of the task on their own shoulders. When I was a Drill Sergeant this was always the case. Some Drill Sergeants were great at the Drill and Ceremony modules and others were not. Some were better than others in demonstrating obstacles or weapons on ranges. One thing was for sure; we shared with each other our strengths

and weaknesses to ensure we played to each other’s strengths. When a Drill Sergeant was out front, they were always at their best and this was simply due to “Battle Buddies” looking out for one another.

As service members we take an obligation to a time honored profession. We do this to perpetuate the principles of freedom for which our nation stands. With this obligation, we gain a contract amongst us. The contract is simple...“we will always be there to take care of one another regardless the situation.” No matter what situation we find ourselves in, we can always rely on our “Battle Buddies” to get us through. A “Battle Buddy” will use every means to assist another Trooper to excel in their efforts to be the best service member they can be. You will not find this type of relationship in corporate America. The Profession of Arms is a profession that only those who have served truly understand. The Chairman of the Joint Chiefs of Staff recently wrote in America’s Military – Profession of Arms White Paper “We must renew our commitment to the Profession of Arms. We’re not a profession simply because we say we’re a profession. We must continue to learn, to understand, and to promote the knowledge, skills, attributes, and behaviors that define us as a profession. Following September 11, 2001, America’s All-Volunteer Force embarked on campaigns extending well beyond any limits imagined as the era of persistent conflict unfolded, its resilience arguably exceeded expectation of its architects. As we reflect on over a decade of war, America’s Service men and women fought as a Joint Force selflessly serving our Nation, answering the call to duty repeatedly, continuously adapting. The sacred element of trust enabled them to persevere.” This is most evident with our mission here. We continue to execute as a Joint Force with the trust of each other. When you trust another Trooper, that is simply the actions of a “Battle Buddy”. I am proud of each and every one of you on the arduous mission you execute daily. I wish all of you the best in this New Year and look ahead to the opportunities it will bring. *Warrior 7.*



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**The Wire**  
**Senior Editor**  
Army Sgt. Jonathan Monfiletto  
**Assistant Editor**  
Spc. Raechel Haynes  
**Layout Editor**  
Spc. Cody Campana  
**Copy Editor**  
Army Pfc. Chalon Huston  
**Webmaster**  
Army Sgt. Trisha Pinczes  
**Photojournalists**  
Army Sgt. Ferdinand Thomas  
Spc. Jessica Randon

**Contact us**  
**Editor’s Desk:** 3651  
**Commercial:** 011-5399-3651  
**DSN:** 660-3651  
**E-mail:** thewire@jtfgtmo.southcom.mil  
**Online:** www.jtfgtmo.southcom.mil/wire/wire.html

10-mile trail run

Runners, are you looking for something a little more challenging than a 5K? Morale, Welfare, and Recreation is hosting a 10-mile trail run on Jan. 26. Runners will start and finish at Christmas Tree Hill and the rest of the route will be given the morning of the run. Awards will be given to category winners. Pre-register at the Denich Gym.

No photos

As beautiful as this island is, there are places that cannot be photographed on base. Photos cannot be taken on JPJ Hill, no panaoramic shots of the base, no photos of restricted or classified areas, no photos of the desalinization plant. Remember your OPSEC at all times. If you are unsure about a photo, contact the OPSEC office at ext. 8506.

Comedy club

Having a bad day? Need a few laughs? Have no fear, the GTMO Comedy Club is here! MWR will be hosting the GTMO Comedy Club Saturday at the Downtown Lyceum. The show is open to the public ages 16 and up, and people under 16 must be accompanied by a parent. Parental supervision is recommended. The show is free and starts at 7 p.m..

Tubing trip

Looking for something fun to do this weekend? The MWR Liberty Program is hosting a tubing trip Saturday, January 12. Unaccompanied service members participating in this activity will meet at the marina at 1pm. For more information call ext. 2010.

Fitness classes

Is getting in shape one of your New Year’s resolutions? MWR Navy Fitness can help. They are offering a variety of classes at the Marine Hill Fitness Center. Some of the classes available are zumba, cardio kickbox-ing, group cycling, and many more. For fun new way to get in shape, contact MWR Navy Fitness at 77262 or 2285 or 2113. Check your GTMO Life calendar for the complete list of fitness classes.

Vacation planning

The MWR Information, Tickets, and Travel office can help you plan the perfect fun-filled vacation. The ITT office has a variety of discounted tickets available. For more information call 75351.

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**JANUARY 11, 2013**

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The WIRE is the official news magazine of Joint Task Force Guantanamo. It is produced by the JTF Public Affairs Office to inform and educate the Troopers of JTF Guantanamo through news, features, command guidance, sports and entertainment. This DoD news magazine is an authorized publication for the members of the Department of Defense. Contents of The WIRE are not necessarily the official views of, or endorsed by, the U.S. Government, the Department of Defense, or Joint Task Force Guantanamo. It is printed by Defense Logistics Agency Document Services with a circulation of 1,200.



Enjoy an exciting afternoon of tubing with the MWR Liberty Program!

ONLY AT GTMO by Spc. Brian Godette





In his wildest imaginings, Victor Hugo probably could have never imagined how popular *Les Misérables* would become. *Les Misérables* has long been hailed as one of the longest-running Broadway musicals. There have been several film versions of *Les Misérables* the book, even a radio theater dramatization, as well. Now *Les Misérables* is a full length musical film.

Major credit goes to the directors and producers of this film, it is one of Hollywood's difficult challenges to try and turn a Broadway musical into a film. It is even more challenging for a popular musical. Knowing that fans are expecting the film to be as good as the musical, and know all the lines, is pretty rough on the creative process. Given all these challenges, I found the movie to be fantastic!

*Les Misérables* tells the story of a convict, Jean Valjean (Hugh Jackman, "Rise of The Guardians"), and his redemption, his parole violation, and his attempt at a new life. The greatest obstacle to his new life is Inspector Javert (Russell Crowe, "The Man with the Iron Fists"). Javert refuses to let the parole-breaking Valjean go. He is determined to catch him and send him back to jail for his offense.

Valjean manages to start a new life for a while and becomes the mayor and factory owner in a small town.

He employs many workers and one of them, the ill-fated Fantine, (Anne Hathaway, "The Dark Knight Rises"), has a secret of her own. It eventually comes out that she has an illegitimate child, Cosette, played by Isabelle Allen. Through mean spirited co-workers and misunderstanding, Fantine is fired.

Needing money to pay the Thernardiers – a thieving couple – played by Sacha Baron Cohen (Madagascar 3: Europe's Most Wanted) and Helena Bonham Carter (Dark Shadows), for their 'care' of Cosette, Fantine turns to prostitution. After attacking a man who abused her, the ill Fantine is arrested by the unsympathetic Javert. Valjean uses his position as the mayor to save Fantine from jail and takes her to the hospital. Javert becomes angered and suspicious of the benevolent mayor.

However, Javert returns to the mayor to apologize for slandering him, as the "real" Valjean is now on trial and about to be returned to prison. Valjean is then torn between doing what is right or letting a man take his punishment. Valjean reveals his true identity to the court then leaves for the hospital to see Fantine. Fantine passes away from her illness, but not before Valjean promises to care for her child. Javert confronts him at the hospital



but Valjean escapes. He goes in search of Fantine's child, and finds her as the abused drudge of the Thenardiers. He takes her with him to Paris where they spend the next nine years living incognito. During an outing, the now older Cosette (Amanda Seyfried, "Gone") sees the passionate Marius, (Eddie Redmayne, "Birdsong") giving a speech about revolution. Marius sees her and is smitten with her, to the point of sending his friend Eponine, who is in love with Marius, to find her. Eponine is played by Samantha Parks, who also played Eponine in the Broadway version. Marius is united with Cosette and they profess their love for one another.

Eponine saves them from her father, Thenardier, but Valjean decides to move, unknowingly separating the lovers. Despairing for his lost love, Marius decides to fight to the death to free France from the monarchy and has friends to fight with him. Valjean discovers Cosette and Marius' love for each other and seeks to save Marius, for Cosette's sake. After a failed attempt at revolution, Valjean saves Marius and spares Javert.

Javert begins to question everything he has ever believed, moved by Valjean's mercy. The film ends in a moving and beautiful fashion.

I am a devoted *Les Misérables* fan. I've seen the musical, the Liam Neeson film version, the radio production, you name it. I was so excited to hear that they were making this movie, I could not wait.

When the film first started and I heard the first song, I thought that the music wasn't right, that the singing was not correct for such a famous musical. As the next song started I had an epiphany. I realized where I was judging the film wrong. In a Broadway theater, you don't always get front row seats, so you can't see the looks of emotion on the actor's faces. They have to convey each and every emotion through

their voice to make us believe it.

In the film, we can see their faces, the emotions that cross it, see the way they interact with the other characters. In the same way, I wasn't satisfied with the music, at first, because I was expecting powerful full bodied singing. I remembered again that I'm not in a Broadway theater where the actors have to sing loud enough for the people in the back seats to hear them.

However, the advantage of film is that you are up close and personal with what is going on. You don't need them to overpower you with their voice and their emotion; you get to see it for yourself. You can see and feel Fantine's despair as she loses more and more of her dignity, Valjean's struggle with choosing to be a changed man or remain a bitter and hateful convict and the hope and love between Marius and the older Cosette.

The only singer that I wasn't wholly sold on was Inspector Javert. Russell Crowe is a very talented actor and a good singer, but for the part of Javert I felt his voice could have been better. Javert is a rigid, cold, powerful, and authoritative figure in the story and the embodiment of the impartiality of the law. I expected those qualities to be portrayed in his singing, instead he sang in a huskier and flatter tone than I anticipated for Javert.

I consider myself a romantic, but I don't believe in love at first sight. However, if I did, Marius and Cosette would be a shining example.

Marius is so struck by just one look at Cosette, and she of him. You couldn't help but feel lighthearted and delighted as Marius dances through the streets to Cosette's home or feel the love between them during their duet.

As a whole, I greatly enjoyed this film. The symbolism of each character was well portrayed. I give this film five banana rats.

# College opportunities available to Troopers



Story by Army Pfc. Chalon Hutson

While deployed or on active duty, it can be easy for service members to delay the pursuit of a higher education. Here at Naval Station Guantanamo Bay, however, there is a way to receive hands-on education, during off-hours to work towards earning a degree.

Columbia College here at GTMO is one of 34 nation-wide campuses, and was originally based out of Columbia, Mo. They offer multiple associates and bachelor's degrees, and vocational certificates on-campus. There are even more possibilities, including master's programs, at the online campus.

"You have an instructor, like in a conventional university setting," said Patrick Becker, the incoming director of Columbia College. "They modify the syllabus to reflect their teaching style. You do your quizzes and have tests just like a normal environment."

Classes are offered in five sessions each year, with each session lasting eight weeks. On-campus classes typically meet two evenings a week for about two and a half hours each meeting.

FEATURE

Class sizes usually range between six and 12 students, creating a relatively small classroom setting. "Students definitely feel that they receive a lot of one-on-one attention while taking classes here," said Faries McCree, the outgoing director of the college. "They feel that they can ask their teacher ques-



tions until they fully understand the content."

Columbia College is part of the Servicemember's Opportunity Colleges network, which, according to McCree, means they agree to be flexible with active duty military personnel in regards to degree

completion and sometimes graduation requirements. "We do our best to have exceptional customer service," McCree said. "We know that students can take online classes anywhere, but we try very hard to work with students and answer their questions in person, when needed."

Columbia College is fully accredited and allows for the transfer of credits if you decide to move on to another school as well.

"We pride ourselves on remembering that you are an individual and not a number," McCree said. If military students are having trouble making academic decisions, there is also the Navy College available here at GTMO.

The Navy College offers academic services, including testing and overall academic advising to all branches. Regardless of where you choose to pursue your education, or what degree or certificate you would like to earn, there is help.

For more information for Columbia College here at GTMO, visit [www.ccis.edu/guantanamo](http://www.ccis.edu/guantanamo), or call 75555. For more information on the Navy College here, email [nco.gtmo@usnbg-tmo.navy.mil](mailto:nco.gtmo@usnbg-tmo.navy.mil), or call 2227.



# GTMO gets down with traditional Japanese jiu jitsu

Story and photos by Spc. Jessica Randon

**T**aking care of your physical fitness while learning some unique ways to defend yourself is more than a possibility at Naval Station Guantanamo Bay.

Traditional Japanese Jiu Jitsu classes are offered at the Marine Hill Fitness Center on Mondays, Wednesdays, and Fridays at six-week intervals and cost only \$95 to enroll for adults. So, what is the difference between Traditional Japanese Jiu Jitsu and a more commonly known Brazilian Jiu Jitsu?

“Traditional or pure Jiu Jitsu is more about the pressure points, it doesn’t matter how big you are, and it doesn’t matter how strong you are,” said lead instructor Joal Estuita.



Hospitalman Khalid Moore assists the instructor with demonstrating a jiu jitsu move.

Estuita placed a huge emphasis on pressure points because the meaning of Jiu Jitsu is “gentle art.” He said even the gentlest touch, when placed in these specific areas can bring your opponent or attacker to their knees.

Understanding the meaning of Jiu Jitsu can help any student grasp the concept and importance of this specific art.

“I would recommend this for everybody. It’s a good way to get out of the house and learn how to defend yourself,” said Navy Hospitalman Khalid Moore, a corpsman



Marine Cpl. Eric Sanchez (top) and Petty Officer 2nd Class Jason McElrath (Bottom) practice a newly learned jiu jitsu technique.

at the Naval Station Guantanamo Bay Hospital.

Moore has been taking Jui Jitsu classes since early August of last year.

“You are not always going to fight someone the same size and shape so it teaches you how to adjust,” added Moore.

While Modern Army Combatives and Marine Martial Arts play significant roles in a service member’s preparation for combat, specialty classes such as this will help them as well.

“I’m a Marine, and it’s expected of us

to do hand-to-hand combat,” said Cpl. Eric Sanchez. “Taking this class gives me more tools to put into my toolbox. You never know when you’re going to need it.”

One would say that Mr. Estuita’s class is a good idea, whether you are looking to get into shape or learn a different self defense strategy. Classes are also available for kids between the ages of seven and 12 for \$75.

For anyone interested in the Jiu Jitsu classes, more information is available by visiting the Denich Gym or contacting ext 2113.



Assistant instructor Angelo Cruz and Chief Petty Officer Michael Tredo show students the proper way to execute jiu jitsu movements.



Winter Open Rec 5 on 5

## BASKETBALL LEAGUE



### SEASON STARTS JAN. 21

**Register by Jan. 14 (by 1900)**  
**Coaches Meeting is Jan. 15 at 1730**



## FREE REGISTRATION

at Denich Gym

**Trophies for 1<sup>st</sup> & 2<sup>nd</sup> Place Teams**  
**Open to ages 16 & up**  
**FMI, call 2113**





# FBI trains Soldiers

Story and photos by Army Pfc. Chalon Hutson

Once the line was cleared to fire, over a dozen rifles engaged the close-quarter targets with speed and precision. After five shots fired, the Soldiers put the weapon on safe and returned to the low-ready position. The methods practiced were similar to what the Soldiers learned in the past, however, new perspective and techniques from the unique instructors is what made the exercise different.

Soldiers with the 525th Military Police Battalion had a unique opportunity to receive close-quarters firearm training from employees of the Federal Bureau of Investigations at the Windward Range at Naval Station Guantanamo Bay January 2.

"The mission is to practice in transition fire, and learn other close-combat tactics from the FBI," said 2nd Lt. Matthew Stimpson, an operations officer with the 525th, and range officer-in-charge during the training. "This is great professional development for everyone. Especially if they are assigned to go downrange, it's good to have this type of experience."

This is the first time the FBI has helped train service members here at GTMO. The three employees took turns giving suggestions on different skills, such as how to bring the rifle from the low-ready position to

a firing position in the most efficient way to get a quality sight picture.

The three also fielded questions and took time to provide individual guidance to help everyone pick up the new concepts. They told the Soldiers that not every technique works for each person, so they were open to debate and questions to help ensure these top-notch Soldiers found the best methods for them. These high-speed Soldiers were selected to improve on the skills they already have.

"Their units picked them out based upon their weapons qualification and PT (Physical Training) score," Stimpson said. "It's rare to get this type of training; the Soldiers are getting useful professional development."

The Troopers can use this training outside of their military career as well, considering the FBI employees have provided this training to police officers and SWAT teams in the US.

"If I wanted to go into law enforcement; police or SWAT; this training helps a lot," said Spc. Alexander Milian, native of Arecibo, Puerto Rico, with the 755th MP Co. "For me, this opportunity is very important. It is a good experience for my military career."

The group began practicing by switching from their rifles to their

handguns, and the FBI instructors showed them how to keep from losing the sight picture during the process.

"We have learned many new things we did not know before," Milian said. "We can use this training to adjust and become better Soldiers."

Sgt. 1st Class Eb Nordman, an internment settlement with the 193rd MP Co., and who was the range safety officer for the training, said learning these new tactics was unlike any other training his Soldiers had been through since he's been here, and they are better off for it.

After the group finished practicing the skills they had learned, they switched to firing real ammo at short distance targets, which brought more realism to the situation.

"Being able to go to a live-fire range enhances the training. Without it, there is a loss of realism," Nordman said. "When you fire live rounds, it's exciting."

Although this is the first time FBI employees have conducted this sort of training at GTMO, Nordman hoped there would be more opportunities in the future, and he is not alone.

"It is a great experience," Milian said. "I hope more can get this quality training."



525th Military Police Battalion Soldiers learn new close-quarters firearm training during a training opportunity with employees with the Federal Bureau of Investigations at the Windward Range Jan. 2.



# Rough Riders:

## GTMO's Annual Mountain Bike Race

Story and photos by Spc. Cody Campana

Like cavalry readying for a charge, 18 bikers participating in the second New Year's Rockin Ridgeline Mountain Biking Race awaited the signal to begin their advance up the rocky slopes of Ridgeline Trail here at Naval Station Guantanamo Bay.

The charge for the ridge Saturday morning would be one to remember for the athletes of GTMO, since the old record for taking the trail would be swiftly crushed below one Sailor's worn bike tires.

"Our fastest time last year for the first Rockin Ridgeline race was 11 minutes and three seconds," said Tim Baugh, the director of outdoor recreations. "This year it was beat. It is now 10 minutes and 39 seconds."

Surprisingly, the usurper of the record, Lt. Cmdr. Sheldon Jenkins, the operations officer of the Joint Medical Group was a friend and competitor of the previous ridge master.

"I was surprised. I for sure thought that I had lost to my nemesis, which is Chaplain Thom. He left a few months ago and he was a pretty phenomenal athlete," Jenkins said. "I'm getting ready to leave and this is like my capstone of my nine months here."

By no measure was the Ridgeline Trail simply conquered. It may seem to be a fast and easy 2.25 mile ride, but like any other mountainous trail, there are hazards that can wear at the skin of the toughest rider.

"It is one of the easier trails on the ridgeline; however, little slip-ups can happen," Baugh said. "You can take a pedal to the shin or to the calf. You can hit the front breaks just a little too hard



Navy Lt. Cmdr. Sheldon Jenkins (Left), the operations officer of the Joint Medical Group, quickly takes the lead during the 2nd Rockin Ridgeline Race Saturday.

and things can happen."

Though hazards cannot be avoided in any sort of extreme sport, the dangers of the trail are minimal to responsible riders.

"I've ridden the trail twice maybe," Jenkins stated. "If you've never ridden it before and you go down the hill tired, just one rock and you can go down very easily."

If a rider can work through the minor bumps and scratches they may have a chance to break the record next year, but only if they are willing to put in the work and hours on the road like the current king of the trail.

"I have ridden almost 2,000 miles

since I have been here. I have been here nine months and 2,000 miles is my goal. I'm almost there," Jenkins said. "I ride about three or four days a week mostly on the roads out to East Gate, to Cable, and to Windmill. It's usually anywhere from 20 to 30 miles."

For racers not interested in breaking records, remember there are other benefits to participating in the race.

"First place received a front and rear bicycle light set, second place received a [Morale, Welfare, and Recreation] Marina water bottle, and third place received an MWR golf towel," Baugh said.

Many service members and residents

of GTMO are very competitive, but there is more to the rough riders than that during their charge through the island trail.

"I think it is more fun than competitive. I think people want that record, but they have a lot of fun doing it and everybody is a great sport," Baugh stated. "Come out next year and have fun."

For all those who are interested in taking on the champion's record next year he has only one bit of advice.

"Just ride! If you want to be better on a bike spend more time in the saddle. Ride bikes and put the miles in," Jenkins said.

Erik Arnesen, a contractor with the Office of Military Commissions, comes in 2nd place during the 2nd Rockin Ridgeline Race.



# Yeoman 1st Class Stepheni Norton



## Trooper Focus



Story by Army Sgt. Jonathan Monfiletto  
Photos by Spc. Brian Godette

In a famous scene from the Academy Award-winning movie “Forrest Gump,” Lt. Dan is bleeding in the middle of a Vietnam jungle after being shot in battle, but he tells Forrest not to save him. He had relatives die in “every single American war” and he believes it is his destiny to do the same.

Of course, Forrest doesn’t listen and does the heroic thing. He saves the lives of Lt. Dan and several of his buddies, though Lt. Dan remains bitter for quite awhile because his destiny was left unfulfilled.

Some people feel they know what their destiny is in life, and some people even feel it is their destiny to serve in the military. What happens, though, when something happens and, like Lt. Dan, one’s destiny isn’t fulfilled as expected?

Coast Guard Yeoman 1st Class Stepheni Norton knew her destiny was to serve in the military and follow a family tradition of military service that began before the United States of America was even formed.

“My whole family’s military. We’ve been in the military since the French and Indian War,” she said. “It’s a very big part of our life. I won’t even say it was something that was pushed. It was just something that we knew. We knew that was part of our life and how to give back to our country and everything we have.”

But that destiny didn’t quite play out exactly how Norton had planned.

Now a reservist deployed with Port Security Unit 311 to Naval Station Guantanamo Bay, Norton originally joined the Navy out of high school in the early 1990s. With a contract that called for two years of active duty service and two years in the Navy Reserve, Norton planned to serve her active time and then use her time in the Reserve to attend college and commission as an officer.

When she was preparing to transfer into the Reserve, however, she received quite a shock when she was instead medically

discharged by mistake. She was given discharge papers with somebody else’s name and information, but she was nevertheless separated right then and told the paperwork could get fixed.

“It all happened so fast,” Norton said. “Fixing documents is very, very difficult. It literally took almost 20 years to get it taken care of.”

Nearly 20 years later, Norton was finally able to fulfill her destiny.

She enlisted in the Coast Guard Reserve in February 2010. At the time, she was volunteering with Maritime Safety and Security Team Los Angeles/Long Beach, which deployed to GTMO in 2009. The commanding officer kept pushing her to join, but Norton insisted she had too much on her



plate to join.

Finally, the commander and Norton’s fiancé, who is also in the Coast Guard, convinced her to enlist. Because she was running her own business at the time, Norton decided against going active duty again and chose to go directly to the Reserve this time.

“Although I would’ve loved to go active duty, I didn’t want to go active duty and have to shut down my business and negatively impact people who had jobs,” she said.

With her civilian background, Norton could’ve come into the Coast Guard as a marine science technician, an information systems technician or a yeoman. When she looked into the yeoman rate and saw the responsibilities of the job, though, Norton

realized she could atone for her previous situation by making sure it didn’t happen to someone else.

While in the Navy, a yeoman typically serves as an executive assistant to a commanding officer. A Coast Guard yeoman does that and handles human resources duties, such as personnel and finance. Norton said she saw everything a Coast Guard yeoman controls, and she knew should could make a difference for her fellow Coast Guardsmen.

“If I’m going to do it, I’m not going to let what happened to me happen to someone else,” she said. “I’m going to do it, and I’m going to do it right. I’m going to make sure I use my attention to detail.”

As a yeoman, Norton definitely works behind the scenes, but she prefers it that way. After all, if her fellow Coast Guardsmen come to see her, it’s usually because there is an issue with the pay or benefits.

“If I do a good job as a yeoman, you never know we exist,” she said. “They can accomplish the mission ... They focus on the mission, and I focus on them.”

Focusing on her fellow Coast Guardsmen, Norton offered a piece of advice to them and the rest of the Troopers at Joint Task Force Guantanamo. While GTMO may not seem like a real deployment to Troopers – especially for Norton, who originally scheduled for a

deployment to Kuwait – it still seems like a deployment to the people back home.

While Troopers may spend their free time snorkeling or diving or enjoying one of the many other activities available at GTMO, Norton reminded Troopers that they should still take the time to call their loved ones and keep in contact with the friends and families they left behind.

“You can’t complain about the deployment,” she said. “On the other side, you have to really put your head into the game that you’re still away from your life and making sure that you keep that connection back to your life ... Just really try to balance. You’re still gone to the people at home. Remember that.”



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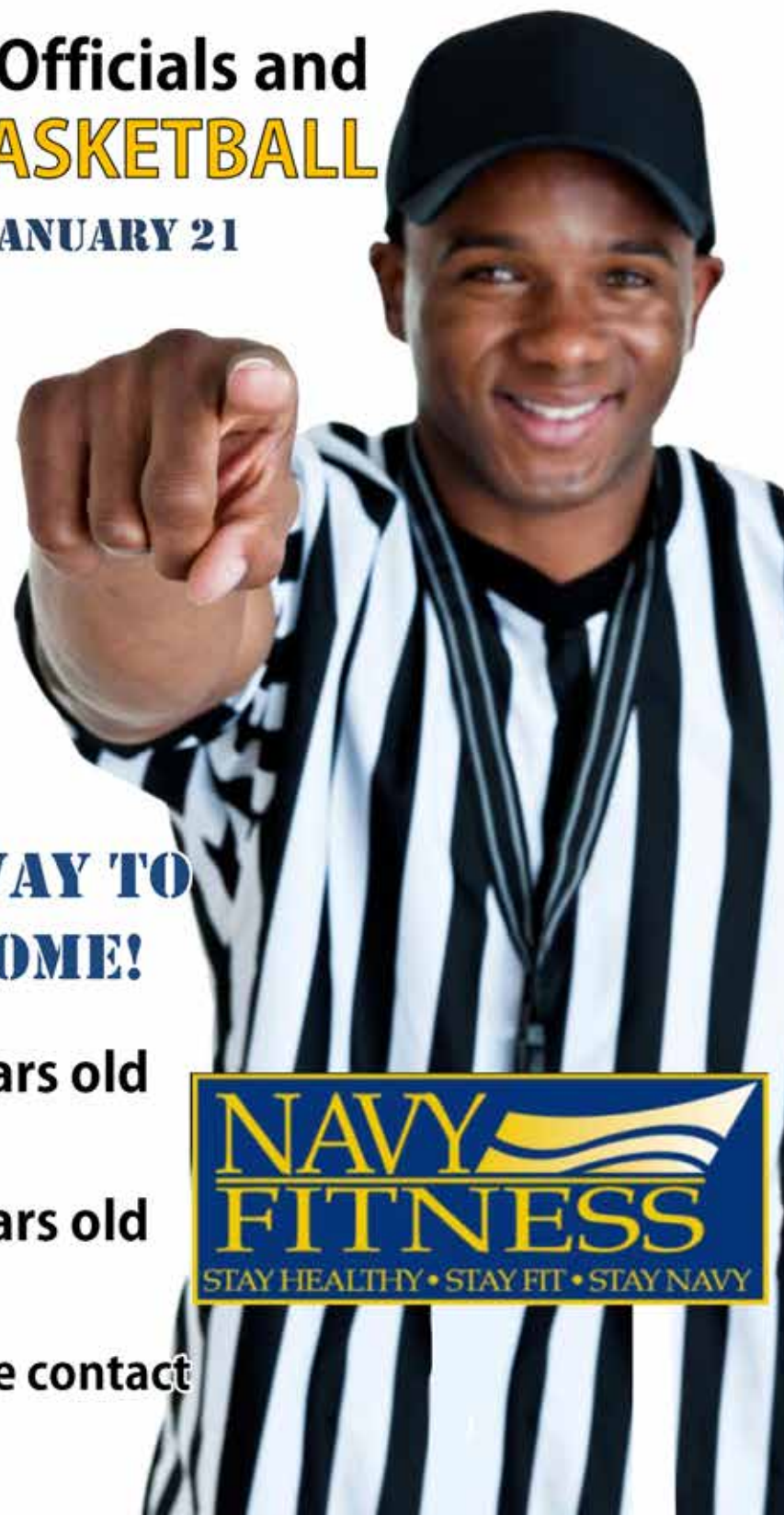
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## New year, new gym

Multi-million dollar project will present GTMO Troopers and civilians with top-notch facility

Army Staff Sgt. Steven Jastrzembki, of the 428th Military Police Company works his back muscles with one of the Denich Gym machines during a workout.

Story and photos by Army Sgt. Ferdinand Thomas

The gym serves different purposes for different people. Some use it to maintain their regular physical fitness standards and others use it simply to relieve stress. No matter what the reason, Denich Gym has reopened to service a new purpose in the New Year for Troopers and civilians here at Naval Station Guantanamo Bay.

“We are making the gym better than

ever,” said fitness director Alec Culpepper.

The gym closed during late December to safely move all weights and cardio equipment and prepare for a full renovation to the side of the gym most patrons have come to know. The multi-million dollar, six-month project will provide all new exercise equipment, weight equipment and office furniture.

“We try to give as much as we can,” said fitness coordinator Dennis Anthony.

There is much to give with new locker rooms, new basketball courts with new baskets, new treadmills, new restrooms, new televisions, and the list goes on and on. The gym is even receiving a new and larger parking lot.

“This project is scheduled for about six months but we’re excited about how it’ll look once it’s fully completed,” said Dennis. “We’ve been looking forward to our ‘F-F-and-E,’ the furniture, fixtures and equipment. There’s nothing like a top notch fitness facility.”

Denich Gym provides fitness services to an average of 250 people per day. Weight lifting, cardio machines, and various fitness classes are available weekly for anyone who is interested in attending. Those classes range from Yoga to Zumba and more. There are even fun runs that anyone can participate in.

In a deployed environment such as Guantanamo Bay, it’s a plus to have quality gym facilities that help remind Troopers of being home.

Denich Gym staff encourages anyone to visit their Facebook page - *MWR GTMO – Fitness & Sports* - for live updates.



Spc. Dylan Marsh, of the 428th Military Police Company, performs pull-ups during his workout.



Civilian contractor work diligently making progress on the Denich Gym parking lot expansion.



# Genius Kong says farewell

Story and photos by Spc. Jessica Randon

A bittersweet ending for who was said to be the best American rock band at Naval Station Guantanamo Bay.

Genius Kong performed its last show Saturday at the Tiki Bar, as one of the band mates, rhythm guitarist Petty Officer First Class Justin Ailes, prepares to leave the island, not only saying goodbye to his band mates but his friends. After playing together on and off over the past three years, they have performed across the naval station, playing everywhere from the Tiki Bar to GTMO’s Got Talent.

When asked what they planned on doing once their rhythm guitarist left the island, the band members stated they were going to take a break from the band scene for a while. They felt it would not be the same without their band mate.

Many of the band members have been playing together for many years, so they’re certain they’ll meet again for a Genius Kong type of reunion.

The other band mates include lead singer Petty Officer 3rd Class Sean Gramm, lead guitarist Richard Honeycott, a Navy dependent, bass player Andrew Perry, a Maytag Aircraft Corporation employee, and last but certainly not least the Genius



Genius Kong band mates (left to right) Petty Officer 3rd Class Sean Gramm, Petty Officer 1st Class Justin Ailes, Jamie Bodlovic, Andrew Perry, and Richard Honeycott.

organizational defense travel administrator for Budgeting.

Genius Kong leads the way for future musicians here on the island, encouraging everyone to get out and enjoy their time here.

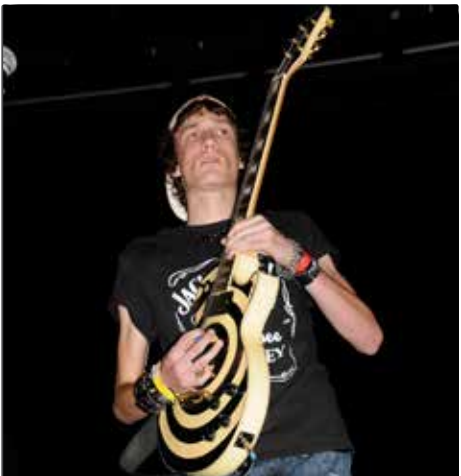
“I enjoyed the show because it focused on the talented Troopers of GTMO,” said Spc. Lakeasha Perry of the 55th Signal

Company. “I look forward to seeing more artists showcase their talent.”

Be creative and have a good time here, and if you have talent don’t be hesitant to share it. You never know who may be



Petty Officer 1st Class Justin Ailes getting down on the rythm guitar.



Lead guitarist Richard Honeycott shreading the electric waves.

listening. As for Genius Kong, their sharing has come to an end, but their music will surely play on.

If you’re interested in checking out more of Genius Kong, you can listen to their covers and check out their videos on Facebook by simply searching “Genius Kong.”

## GTMO arts and crafts shop recovers from Sandy

Finished ceramic pieces wait on the shelves, until residents come to claim them. Pieces are not held for more than 30 days. The MWR Arts and Crafts shop has been closed since Hurricane Sandy hit Naval Station Guantanamo Bay. Repairs have been made to most of the damaged ares, but the shop is not at full capacity

Story and photos by Spc. Raechel Haynes

Naval Station Guantanamo Bay survived Hurricane Sandy better than most of the areas that were hit, but that is not to say that the base was unscathed by it. Residents could find downed trees, damaged fences, and other marks of Sandy’s chaos. Places like the Camp Bulkley Lyceum sustained damage and only recently re-opened.

Among the damage from Hurricane Sandy, the Morale, Welfare, and Recreation Arts and Crafts shop, took quite a beating. Part of the roof was ripped off, the wood and print shops were damaged, and the exhaust systems were damaged. The Arts and Crafts

shop has been closed since Sandy’s visit, but reopened days before Christmas.

Even though the shop has re-opened, it isn’t running at full capacity quite yet.

“We are waiting for the exhaust systems to be fixed or replaced,” ceramic aide Cris Lansang said.

The exhaust system vents the heat from the firing room where the kilns heat the ceramics. Kilns can produce temperatures ranging from 1800 to 2700 degrees Fahrenheit, so venting the excess is important to preserve the electrical components. Lansang said they are now firing a few ceramic pieces at a time, depending on the size. They are relying on built-in fans to help with the ventilation.

“We aren’t firing many items. If a resident brings

something in, we’ll try to accommodate them, but we can’t do as much,” Lansang said.

The closure of the Arts and Crafts shop affected several other programs on the naval station. The Liberty program was unable to host Ceramic Sundays. Child and Youth Programs were prepared to have children paint their own ceramic ornaments, but the painting had to be cancelled because the shop was closed. Also, some residents were in the process of working on ceramic nativity sets and gifts, but were unable to finish them.

It has been over two months since Sandy’s stop here at GTMO and some places are still being fixed. Lansang said by next month they should be back to full function capacity. It is hoped that regular classes will start soon. For more information about classes contact the MWR at ext. 4360.



Ceramic aide Benjamin Allen checks a mold to see if the clay has solidified.



The kilns fire ceramic pieces at high temperatures. The exhaust systems to vent the heat were damaged by Sandy and still need to be repaired.



# Trooper to Trooper

## Serving with honor

SGT. MAJ. MICHAEL BAKER  
COMMAND SERGEANT MAJOR  
525TH MILITARY POLICE BATTALION

“No person was ever honored for what he received. Honor has been the reward for what he gave.” That was a quote during a speech from our 30th President, Calvin Coolidge. Unfortunately, in today's society, many people do not believe this statement. However, for those of us in the Department of Defense and most importantly the Joint Task Force-Guantanamo, we do believe in this statement. We give on a daily basis to a greater cause. A cause that is greater than each individual is. We give through our duty, time, effort, and sometimes our lives. By giving back and holding ourselves to a higher standard, we are serving with honor.

Values are principles that guide each Trooper on how they conduct themselves on a daily basis. Each organization employs strategies that guide their Troopers to accomplish the mission and have a shared identity. Implementation of our services core values starts when we raised our right hand to defend the Constitution and this great Nation. A similarity among almost all of the services is the core value of Honor. Each of our branches defines Honor slightly different, but in the end, we all must embrace it if we want the military to be successful.

The United States Army defines Honor simply as a way to live up to all of the Army Values. The Marines definition is a little more

complex and detailed. They define Honor as a code of personal integrity; honor guides those who do the right thing when no one is looking. It is not only a duty, but also a distinction, as those who possess honor are highly regarded. It's founded on one's beliefs, but exhibited through one's actions. Marines are held to the highest of standards, ethically and morally. Marines are expected to act responsibly in a manner befitting the title they have earned.

The Navy defines Honor as, I am accountable for my professional and personal

On a daily basis, we ask the Trooper guards of the JTF to serve with honor while they deal with detainees. Despite the constant harassment, threats, or splashing with feces and urine, the Troopers perform in a manner that is beyond reproach. These Troopers continue with the mission and accomplish it with a smile on their face. The Troopers continue to live and support the JTF Commanders vision and ensure they are treating each detainee with safe, humane, legal, and transparent care.

While off duty, Troopers continuously serve with honor. Numerous Troopers are working toward their Military Outstanding Volunteer Service Medal by volunteering in the greater Guantanamo community. Troopers follow the rules and regulations that are set for us by the Department of Defense and subordinate units. Troopers take care of their battle buddies in times of need and place their battle buddies needs above their own.

Serving our great Nation is a privilege that must be understood. It is imperative that we do what is right no matter who is around or who is not around. We must

continue to set the example for all Troopers and civilians. Be proud of the oath that you made for this great Nation. Be proud of the uniform you wear. Continue to strive for excellence, to give back, to support your battle buddies, your branch, the Department of Defense, the Constitution, and the people of the United States of America. Lastly, continue to serve with Honor.



	11 FRI	12 SAT	13 SUN	14 MON	15 TUE	16 WED	17 THU
Downtown Lyceum	No movies: Stage Preparation for Saturday's Comedy Show	No Movies: GTMO Comedy Club show	Playing For Keeps (New) (PG-13) 7 p.m.	Gangster Squad (New) (R) 7 p.m.	Rise Of The Guardians (Last Showing) (PG) 7 p.m.	Man With The Iron Fists (R) 7 p.m.	Skyfall (Last Showing) (PG) 7 p.m.
Camp Bulkeley	Gangster Squad (NEW) (R) 7 p.m. Killing Them Softly (NEW) (R) 9 p.m.	Playing For Keeps (NEW) (PG-13) 7 p.m. Les Miserables (PG-13) 9 p.m.	Jack Reacher (PG-13) 7 p.m.	Rise Of The Guardians (last showing) (PG) 7 p.m.	Man With The Iron Fists (R) 7 p.m.	Skyfall (last showing) (PG-13) 7 p.m.	Red Dawn (PG-13) 7 p.m.

Call the movie hotline at 4880 or visit the MWR Facebook page for more information.

## GTMO RELIGIOUS SERVICES

For more information, contact the NAVSTA Chaplain's Office at 2323  
or the JTF Chaplain's Office at 2309

### NAVSTA MAIN CHAPEL

Daily Catholic Mass

Tues.-Fri. 5:30 p.m.

#### Vigil Mass

Saturday 5 p.m.

#### Mass

Sunday 9 a.m.

#### Spanish-language Mass

Sunday 4:35 p.m.

#### General Protestant

Sunday 11 a.m.

#### Gospel Service

Sunday 1 p.m.

#### Christian Fellowship

Sunday 6 p.m.

### CHAPEL ANNEXES

#### Protestant Communion

Sunday 9:30 a.m. Room B

#### Pentecostal Gospel

Sunday 8 a.m. & 5 p.m. Room D

#### LDS Service

Sunday 10 a.m. Room A

#### Islamic Service

Friday 1 p.m. Room 2

### JTF TROOPER CHAPEL

#### Protestant Worship

Sunday 9 a.m.

#### Bible Study

Wednesday 6 p.m.

## GUANTANAMO BAY BUS SCHEDULE

All buses run on the hour, 7 days/week, from 5 a.m. to 1 a.m.

Camp America :00 :20 :40  
Gazebo :02 :22 :42  
NEX Trailer :03 :23 :43  
Camp Delta 2 :06 :26 :46  
KB 373 :10 :30 :50  
TK 4 :12 :32 :52  
JAS :13 :33 :53  
TK 3 :14 :34 :54  
TK 2 :15 :35 :55  
TK 1 :16 :36 :56

West Iguana :18 :38 :58  
Windjammer/Gym :21 :41 :01  
Gold Hill Galley :24 :44 :04  
NEX :26 :46 :16  
96 Man Camp :31 :51 :11  
NEX :33 :53 :13  
Gold Hill Galley :37 :57 :17  
Windjammer/Gym :36 :56 :16  
West Iguana :39 :59 :19  
TK 1 :40 :00 :20

TK 2 :43 :03 :23  
TK 3 :45 :05 :25  
TK 4 :47 :07 :27  
KB 373 :50 :10 :30  
Camp Delta 1 :52 :12 :32  
IOF :54 :14 :34  
NEX Trailer :57 :17 :37  
Gazebo :58 :18 :38  
Camp America :00 :20 :40

### PROTECT YOUR INFO!

## ALERT 100% Shred it or Regret it!

JTF has a 100% shred policy while at work **and** while in housing areas. This means that **all paper materials** should be shredded! It doesn't matter where the dumpster is. No trashcan or dumpster is safe to discard FOUO, PII or sensitive information. Documents that are work related or contain PII or sensitive information should not be taken to housing areas. Don't throw any un-shredded paper in the trash. No hesitation - No question, shred it.

# SAFE RIDE – 84781



# GTMO COMEDY CLUB -PRESENTS-

**FREE**

Parental advisory strongly recommended

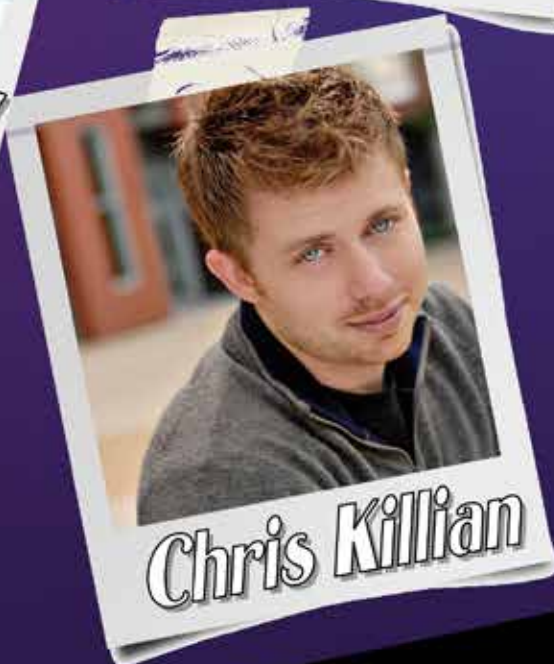
Show intended for 16+



**ARVIN MITCHELL**



**Jessie Campbell**



**Chris Killian**



**Saturday Jan 12th**  
**Downtown Lyceum - 7PM**

